

UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

GENTLE YOGA



Gentle Yoga with EACC's certified yoga instructor, Ashley Clarke, offers a slow-paced, less-intense yet challenging experience in a noncompetitive, judgment-free environment. Gain flexibility, strength and coordination and enhance your cardiovascular health, mental clarity and overall wellbeing.

WHEN & WHERE:

Tuesdays, Wednesdays & Thursdays, June 18-September 19, 5:30-6:30 p.m., UAB Campus Recreation Center, Studio 4

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate household.

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select "Gentle Yoga" to register for the current session; capacity is limited. **Please bring your own mat, two yoga blocks and a blanket or beach towel.**



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The University of Alabama at Birmingham